

# RICHMOND RIVER HIGH CAMPUS NEWSLETTER



THE RIVERS  
SECONDARY COLLEGE

Lake Street North Lismore NSW 2480

T 02 6621 3456 F 02 6622 2928

E richmondri-h.school@det.nsw.edu.au

www.richmondri-h.schools.nsw.edu.au

2018 | ISSUE 3 | TERM 1 | WEEK 3

## Principal's News

Week 3 and the school is settled. Some excellent teaching and learning is occurring and the academic year is well and truly underway. Last Tuesday the school Strategic Direction Working Parties met for the first time this year and already there are some exciting plans emerging. There are three Strategic Directions in the 2018-2020 School Plan and within each of those Strategic Directions there are three Working Parties, and every teacher has elected a Working Party to join.

We are lucky here at RRHC as we have the most amazing bunch of teachers! Not only do they care deeply about your student's learning, but they also care deeply about school improvement, about innovative ideas, and ways that we as a professional group can move forward. We are indeed blessed.

Strategic Direction Excellence in Learning ; Working Parties Differentiation, Student Growth and Behaviour

Strategic Direction Excellence in Teaching; Working Parties Feedback, Accreditation and Expertise & Innovation

Strategic Direction Excellence in Leading; Working Parties Instructional Leadership, Community Engagement and Facilities

Have a great week and have a look at these little pointers on communication around school with your teenager, there are some nice alternatives to 'How was your day, such as -

What made you smile today?

Tell me something you know today that you didn't know yesterday?

What was the hardest rule to follow?

What made your teacher smile today?

If you could change one thing about your day what would it be?

**Mary-Jane Pell**

**Principal**

## Reminder - Drop off and pick up at back of school

Parents who are dropping off or picking up their children before or after school are reminded to do this in the areas outside of the bus, taxi, disability parking, and no stopping zones at the front of the school. Suggested safe areas are the grassy tree-ed area outside the Ag Shed in Lake Street or near the shelter in McKenzie Park in Pitt Street, where there is a footpath to the school. The other alternative is at the back gate of the school on Alexandra Parade. The safety of our students is paramount.

# Relieving Deputy Principal's News

What another wonderful week we have had at RRHC. Thursday saw the presentation of the Carr Legacy Scholarships for the 2017 HSC cohort, and badge presentation for the School Captains and Vice Captains 2018. Congratulations to all.

As with any new year in a large school like ours some procedures need to be changed, and others revisited to be sure all students and their parents or carers are aware of RRHC expectations which all of our school community members should be familiar with. Below are the procedures for late arrivals and Sick Bay. Following later in this week's newsletter is Front Office procedures for payments.

## Procedures for Late Arrivals

Please ensure that students arrive at school before Roll Call at 9.10 am.

### When your student is late:

In cases of unavoidable lateness due to an unforeseen event at home, parents/carers should provide a written note of explanation to the Front Office, or personally escort your student to the Front Office.

Failure to follow the above process for late arrival to school will result in students being referred to the Deputy Principal who will contact parents/carers to clarify the legitimacy of the late arrival.

### When your student has an appointment or has to leave early:

Where possible, organise appointments and other known events outside school hours.

Sport is a compulsory part of school. Appointments should be avoided during this time.

Before Roll Call on the day of the appointment your student should present a note to the Front Office with the details of the early leave request. Students will be issued with an Early Leavers Slip, which they will present to the Teacher in their class and then sign out at the Front Office before leaving.

**In unavoidable/emergency circumstances** where your student may need to leave the school and a note has not been provided. You must collect the student personally from the Front Office. No student will be allowed to leave unaccompanied.

**Students should NEVER leave the grounds without following these procedures.**

## Sick Bay

Richmond River has limited facilities for students arriving at school with existing illness or injuries, which require treatment and close monitoring. For this reason, we request that parents of sick students do not send them to school. Sick bay is for sick or injured students to be monitored until either parents or ambulance arrive to collect them or for a short break until they are ready to return to class. When students return to school after absence due to illness, a note should be given to the roll teacher or the office.

**Belinda Marr**

**Relieving Deputy Principal**



The Rivers Secondary College - Richmond River High Campus uses STYMIE to support student wellbeing and to support direct action against bullying in our school.

The program educates bystanders about their responsibilities and provides an online, independent reporting method, ensuring complete anonymity for students making notifications; creating a sense of safety in 'the crowd'. The use of Stymie will help change the 'culture of acceptance' of bullying behaviours. Students can access Stymie by going to [www.stymie.com.au](http://www.stymie.com.au) and [www.facebook.com/stymieau](https://www.facebook.com/stymieau)

# School Leadership and Carr Legacy Scholarship Assembly

The Carr Legacy Scholarship recipients have \$10,000 to put towards their university study. Congratulations to Peter Mills, Ellen Welstead-Cloud, Ezra Margetts-Graham, Breanne Buckley and Georgia Marr. These scholarships are awarded on ATAR score and school citizenship. We acknowledge the generosity of this bequest to the school from the estate of Mr and Mrs Carr who were teachers at our school in the 1960s.

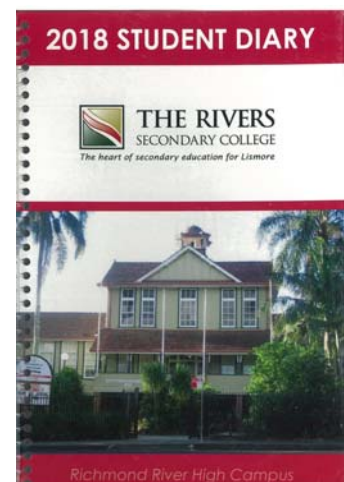
Congratulations to our school leadership group, Captains – Lucas Mircev-Cox and Mary-Rose Macdonald, Vice Captains – Lachlan Wallace and Taylor Small, Junior Vice Captains – Elias Boomsma and Ninya Pflueger. They took the SRC Oath of Office in front of the Assembly, they are excellent role models for our students and we wish them well in their leadership roles for 2018.



## Year 7 Diaries

Year 7 are participating in a study skills program this year. Each week they will look at different themes and strategies based around wellbeing and study techniques. They have also been provided with a diary to assist them with their organisational skills. Please ensure your child brings their diary to school each day so they can record any homework tasks, assessment tasks and any important events in them.

***Mrs Turner, Miss Mc Kinlay and Mrs Kelso***



## HSC EXAM READERS AND WRITERS

We are looking for people who can act as a reader and writer for Year 12 students during Half Yearly Exams at the end of Term 1 and HSC Exams in Term 4, on a voluntary basis. You must have a current working with children check number. To obtain this number visit <https://www.kidsguardian.nsw.gov.au/child-safe-organisations/working-with-children-check>.

Readers and writers require the following skills -

- Ability to communicate clearly in English with sufficient literacy level
- An understanding of subject(s) being examined
- Clear, legible handwriting
- Patience and sensitivity
- Understanding of the need to maintain confidentiality and ability to do so.

If interested please contact Susie Hancock- Learning & Support Teacher ph. 6621 3456



## From the School Office

### Parent Payments

Due to the new NSW public schools Finance System, schools are unable to hold any money overnight and so we do not have change for payments.

If possible when making payments for your student, can you please provide the correct money.

The new finance system no longer allows for credit card payments to be made over the phone or by writing credit card details on the bottom of notes. All credit card payments can be made online.

The payment page is accessed from the front page of the school's website by selecting **\$ Make a payment**

Items that can be paid include voluntary school contributions, subject contributions, major excursions and sport. There is also a category called Other - this is to cover items not covered in the previous headings. Other can be used to make a complete payment of a school invoice.

When you access the \$ Make a payment you must enter -

- the students name, and
- class and reference number OR
- the students name, and
- date of birth.

These details are entered each time you make a payment as student information is not held within the payment system. There is an option to enter the Student Registration Number and Invoice number - these are not used at our school, please leave blank.

This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner, these details are not passed back to the school.

You have the ability to check and change any details of the payment before the payment is processed. Receipts can be emailed and/or printed.

Details of the payments are passed daily to the school where they will be receipted against your child's account. As a receipt has been issued from the payment page a further receipt will not be issued by the school.



## Welcome To Some New Staff

Here are some of the new Staff to Richmond River High Campus.

From left to right -

Branton Brewer-Charles - Aboriginal

Education Officer

Alice Hook - CAPA

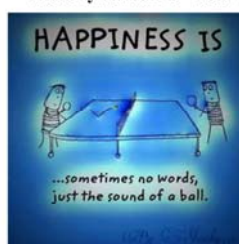
Debra Barron - PDHPE

## Student success

Rugby 7's -  
Congratulations Tara  
for making the 2018  
North Coast Academy  
of Sport Rugby 7's  
Squad. We wish you  
every success with  
your team.



Table Tennis North Coast Regional  
Knockout and Gala Day  
Monday March 19<sup>th</sup> 2018



## Brainstorm Productions

On Tuesday Years 10 and 11 explored issues around stress and anxiety, through Brainstorm Productions "Wired". This drama outlined where students can get help, ways of coping with stress and more. Well done to the performers and students as it was a very warm afternoon!

**Ellie Stinson**

**Acting HT Learning Support and Welfare**



## Assistive Technology

This week all of Year 7 received an introduction on how to use the amazing software 'Read&Write Gold' which is available to all students across the school. Students were able to have a play with features including: having text read to them, picture dictionaries, word prediction, mind mapping and research highlighting. They enjoyed accessing information through a different format.

**Melinda Lynch**

**Learning & Support Teacher**

## Year 7 Japanese

The second of February was 'Setsubun'. On this day in Japan, adults dress up as demons or devils and the children throw dried soybeans to scare the evil spirits away and welcome in prosperity for the new season. Year Seven have been learning about Japanese festivals and experienced Setsubun themselves!!

**Mr Dawson**

**LOTE Teacher**





# Advance Notice from Mrs Turner

## 2018 Year 11 Snow Excursion

Saturday 4 August - Friday 10 August 2018

\$970 Snowboarders and Skiers

If students drop out, the cost will go up. A commitment to travel - I must book accommodation, bus and the ski package, so a strong commitment is needed once the deposit is paid. This is your payment schedule. You may pay it off sooner if you wish, but any missed payments will make your seat vacant. As with all typical holiday bookings they require advanced deposits and I must have genuine and committed travellers to secure accommodation, bus and the snow component. Failure to make regular and full payment as set out below prior to departure will exclude you from the excursion. If you withdraw you will lose your \$100 deposit.

\$100 Deposit - Paid by Friday 2 March (Term 1, Week 5)

Payment 2 - \$270 - Paid by Friday 30 March (Term 1, Week 9)

Payment 3 - \$200 - Paid by Friday 4 May (Term 2, Week 1)

Payment 4 - \$200 - Paid by Friday 1 June (Term 2, Week 5)

Final payment - \$200 - Paid by Friday 29 June (Term 2, Week 9)

**NOTE: ALL PAYMENTS MUST BE FINALISED BY FRIDAY 29 JUNE 2018.**

Please also note the 6 July is the last day of school for Term 2 prior to the school holidays. We leave at the end of the second week back Term 3 and all monies **must** be finalised before the holidays.

**Emma Turner**

**Snow Excursion Coordinator**




## School Stream App - Please download

Reminder to our RRHC community that we use the [School Stream](#) App. Parents, carers and students, please download the app to your mobile device to receive notifications about assessments, newsletters, emergency information and more.

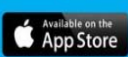


### iPhone / iPad iOS

1. From your mobile device go to the **App Store** search for **School Stream**
2. Tap the **FREE/GET** button to the right of the School Stream listing
3. Tap the **INSTALL** button
4. Enter your Apple ID and password & tap **OK**
5. Wait for the install icon to change to **OPEN**
6. Tap the **OPEN** button
7. You will be prompted to accept push notifications, you will need to select **OK**
8. Start typing **TRSC - Richmond River High School Campus** into the search then **SELECT TRSC - Richmond River High School Campus**



If you are viewing this page on your mobile device, visit the store link below.



### Windows Phone/Other Devices


Contact your school for your web link, and follow these instructions:

To pin a website on your Windows Phone:

- Open the website you want to pin
- Tap More icon, then tap Pin to Start


You will be able to access all of your school's information, however you won't be able to receive notifications.

*Note: Some devices may vary please follow your usual installation procedure for downloading and installing an app to your device.*




### Android / Tablet

1. From your mobile device go to the **Play Store** search for **School Stream**
2. Tap the School Stream listing
3. Tap the **INSTALL** button
4. Tap the **ACCEPT** button
5. Wait for the app to install then tap the **OPEN** button
6. Start typing **TRSC - Richmond River High School Campus** into the search then **SELECT TRSC - Richmond River High School Campus**
7. Tap the **DONE** button in the top left



If you are viewing this page on your mobile device, visit the store links below.



### Other useful information

#### Troubleshooting tips

[Follow this link.](#)

#### Are your children attending different schools?

Don't worry, School Stream caters for multiple schools from within the app itself. Jump between your children's schools by touching the school logo/name, or switch schools from the slide-in menu.

#### Choose which notifications you receive:

1. Open the School Stream app on your mobile device
2. From the slide-in menu, go to Settings
3. Under Edit/Alerts select My Schools and select your School to open the Notifications page
4. Toggle notifications on or off individually (e.g. Alerts, Events, Newsletters, etc.)
5. When you have finished, use the Back button to return to the Settings page, then select Done to return to your School
6. Return at any time to change the notifications you receive.



**THE RIVERS**  
SECONDARY COLLEGE

**Breakfast Club**  
**Tuesday-Friday**  
**8.15-8.50am**  
**Chill Out Room**  
**All welcome**  
**No charge**



**Breakfast Club**  
**Tuesday-Friday**  
**8.15-8.50am**  
**Chill Out Room**  
**All welcome**  
**No charge**



**DEFENCE FORCE RECRUITING**  
**AIM FOR YOUR FUTURE LASER TAG EVENT**

With a role in the ADF, you can find a balance between the career of your dreams and the lifestyle you want.  
Join us at our 'Aim For Your Future' event, Saturday 17th February, at 10.30am. Where you'll have the opportunity to hear from current serving defence members about the range of roles available for Indigenous Australians in the Australian Defence Force.

There will be a presentation run by Kieren (Mario) Marr and Jason En-chong from our Specialist Recruitment Team Indigenous followed by a free game of laser tag.  
Food will also be provided.

**Date:** Saturday, 17th February 2018  
**Arrival:** 10:30am  
**Time:** 11:00am—1:00pm  
**Where:** GAME OVER GC  
88/108 Siganto Dr, Helensvale QLD 4212

**RSVP's are essential. To book your spot visit**  
<http://events.defencejobs.gov.au/event/Q26KNO/>  
or email [mcharlton@dfr.com.au](mailto:mcharlton@dfr.com.au)

Please feel free to extend this invitation to any young indigenous peoples interested in a career in the ADF.

CALL 13 19 01 OR VISIT [DEFENCEJOBS.GOV.AU](http://DEFENCEJOBS.GOV.AU)

Web Version | Update preferences | Unsubscribe

f Like Forward

**HVTC**  
**VACANCIES**



**HVTC**  
Helping Change Lives

#### Current Northern NSW Vacancies

##### APPRENTICESHIPS

- Cert III Light Vehicle Automotive. Job ref # SD000092  
Location: Ballina

##### TRAINEESHIPS

- Cert III Early Childhood. Job ref # SD000089  
Location: Banora Point
- Cert III Customer Engagement. Job ref # SD000110  
Location: Lismore
- Cert III Health Services Assistant (school-based). Job ref # SD000088  
Location: Macksville
- Cert III Customer Engagement. Job ref # SD000100  
Location: Tuncurry

To find out more or apply for a position visit the [HVTC Vacancies page](#) on our website.

#### Register in our Candidate Centre

If we don't have a current vacancy in the field you're interested in, register in the [HVTC Candidate Centre](#) and you'll receive email alerts when something become available.

You're receiving this as part of HVTC's quality service.

[Edit your subscription](#) | [Unsubscribe](#)



**BEYOND THE BRONCOS**  
**GIRLS ACADEMY/ CAREERS CLUB**  
**LAUNCH & WORKSHOP**

**WHEN:** Launch- 20<sup>th</sup> February 2018  
**WHERE:** Lismore High Campus  
**TIME:** 11am-1pm

**WORKSHOP:** 23<sup>rd</sup> February 2018  
**WHERE:** TBC  
**TIME:** 11am-1pm

COME AND MEET FORMER BRONCOS PLAYERS AND BEYOND THE BRONCOS AMBASSADORS.  
FOOD & DRINKS PROVIDED

**NEMA INSURANCE**

**RICHMOND RIVER HIGH CAMPUS**

**CAN YOU HELP?**

**CANTEEN VOLUNTEER NUMBERS ARE VERY LOW.**

**CAN YOU SPARE A DAY OR TWO?**

**Try the new canteen Salad bar!**

**CALL KATHY CLAYDON ON 6621 4890**

#### Need someone to talk to?

##### CALL:

Kids HELPLINE 1800 551 800  
Lismore HEADSPACE 6625 0200  
Mental Health Line 1800 011 511  
Beyond Blue 1300 789 978



## NSW SCHOOL VACCINATION PROGRAM 2018

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2018 the following vaccines will be offered to

All year 7 students -

- dTpa vaccine (Diphtheria, Tetanus & Pertussis (whooping cough) as a single dose
- human papillomavirus (HPV) vaccine in a 2-dose schedule at 0 and 6 months

All year 10 and 11 students –

- Meningococcal ACWY vaccine as a single dose

***Parent Information Kits*** that include an Information sheet, consent form and privacy statement will be sent home to parents / guardians. To consent to the vaccination of their child, parents / guardians are advised to:

- read all the information provided
- complete the consent form, including signing their name next to the vaccine/s they would like their child to receive
- return the completed consent form to their child's school
- ensure that their child eats breakfast on the day of the school vaccination clinic.

Please note that students who commence HPV vaccination in school clinics in Year 7 but do not complete the course during the school year may be offered catch-up doses at school in Year 8. Parents will be notified by letter/ or text from The Public Health Unit if this applies to their child.

**Students who have any HPV doses at their GP will be advised to complete the course with their GP.**

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at:

[www.health.nsw.gov.au/immunisation](http://www.health.nsw.gov.au/immunisation)

**To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year where possible.**

**A Record of Vaccination will be provided to each student vaccinated at each clinic. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.**

**Please return vaccination forms as soon as possible**



## CALENDAR

### 2018 TERM 1 - Week 4B

**19 February**

SWIMMING CARNIVAL

**20 February**

Brisbane Broncos launch & Identity Workshop

**21 February**

**22 February**

U15 Touch Football

**23 February**

### TERM 1 - Week 5A

**26 February**

Year 11 Business Studies Field Trip

**27 February**

Year 5/6 Activity Day

Year 9 Girls rYse Up Program

University Roadshow @ LHC

**28 February**

**1 March**

Year 7 Vaccinations

**2 March**

## CANTEEN ROSTER

**19 February** - Help needed

**20 February** - Help needed

**21 February** - Meryl Condon

**22 February** - Dorothy Tan

**23 February** - Help needed

If you can help, please phone  
Kathy Claydon on 6621 4890.



## RICHMOND RIVER HIGH CAMPUS

Lake Street, North Lismore NSW 2480

T 02 6621 3456 F 02 6622 2928

E richmondri-h.school@det.nsw.edu.au

www.richmondri-h.schools.nsw.edu.au

www.facebook.com/richmondriverhigh

Canteen: 6621 4890

We would like to respectfully acknowledge the Elders past and present of the Wiyabal Wiyabal people and other peoples of Bundjalung Nation. We acknowledge that they are the first peoples of this land on which our school stands.

To view all current events at  
Richmond River High Campus, please  
refer to our Facebook page at:

[RRHC Facebook](#)

(you do not have to have an account on  
Facebook to access our page)

Or alternatively go to our web site and click  
on the link at the bottom of the page.

Please let us know if you have problems  
accessing it.

To view The Rivers Secondary College  
SMORE newsletter go to

<https://www.smore.com/1n9qd>

## Canteen Specials Week 4

Monday 19 February

SWIMMING CARNIVAL

Tuesday 20 February

Beef or Bean burrito with salad - \$6 each



Thursday 22 February

Teriyaki chicken with stir fry vegetables and rice -  
Small \$5, Large \$7

Friday 23 February

Beef or Vegetable lasagne with salad - \$6 each



## QUOTE OF THE DAY

*"The best part about life?  
Every morning you have a new  
opportunity to become a  
happier version of yourself"*  
(Unknown)

From the Canteen  
If anyone has an abundance of  
fresh fruit and would like to  
donate it to our Canteen, it  
would be greatly appreciated.



Try something new in 2018 at Lismore Library

**Lismore Library**  
in conjunction with  
Byron Writers Festival & StoryBoard  
present

**A Creative Writing  
Masterclass!**

First term dates  
8 & 22 Feb, 8 & 22 March, 5 April  
For young writers from 10 - 18 years.  
Tricks and tips from published authors!  
Yes, there will be pizza!

Story Board byron writers festival

**Teen night**  
2nd Thursday of the month.  
This month try your hand at  
**BADGE  
MAKING**  
Thursday, 8 February, 5pm - 6.30pm  
at Lismore Library

Design and  
make your  
own badges!

Ages 12 - 17 years only.  
Light refreshments provided.

**Drop in CoderDojo Club**  
Drop in and enjoy a fun space to  
explore technology.  
Every Wednesday  
Lismore Library  
3.45pm - 4.45pm  
Open to ages 7yrs - 17yrs  
Bring a laptop or mobile device.

**Youth Book Club**  
Arrive with a book you love.  
Leave with one to explore!  
10 - 17 year olds welcome.  
Last Thursday of the  
month  
4pm - 5pm  
Lismore City Library

Find Us At:  
www.rtrf.nsw.gov.au  
Lismore Library: 02 6621 2464  
Goonellabah Library: 02 6625 1235  
**Richmond Tweed  
Regional Library**  
Connect. Discover. Escape

Small changes,  
big differences.

**Triple P**  
For every parent

**FREE 5 sessions  
Triple P Group**  
Positive Parenting program

Starting: Tuesday 13<sup>th</sup> February  
Ending: Tuesday 13<sup>th</sup> March  
TIME: 10am to 12.30 pm  
VENUE: 41 Wilson Street South Lismore  
(To be confirmed)  
PRESENTER: Gudrun, Family Support Network  
A light morning tea will be provided

Triple P can help you:  
- Build a positive relationship with your child.  
- Help your child develop to their full potential.  
- Use discipline strategies that work.  
- Take care of yourself as a parent.

www.triplep.net



Sat 10th & 17th Feb 10am-1pm  
At South Lismore Celtic FC club house -  
2 Caniaba St, South Lismore  
Free for entry level kids 5-7 when using your  
active kids voucher  
More info contact Sally - 0403791566

**Alstonville**  
Fitness & Fun

Choose Physle as your  
sport for 2018!

**FUN  
FITNESS  
FRIENDSHIP**

Physle combines dance and exercise into a fun and  
upbeat dance sport. We have classes available for girls  
and women from 3 years to Ladies!

**REGISTRATION DAY**  
Tue 6<sup>th</sup> Feb 2018, 4pm-6pm, Alstonville Leisure Centre  
CONTACT JENNA: 0406774992

JUST DANCE & CHEER (JDC) are celebrating 10yrs in  
2018!

Allstar Cheer, Tumble & Dance classes have resumed in  
Woodburn, Coraki, Casino & now Goonellabah!  
For further info contact Tammy Tuck on 0409822565 or visit  
www.facebook.com/JustDanceRV/

**BASEBALL  
JUNIOR 2018**

**COME & TRY DAY SUNDAY 4 MARCH  
10AM ALBERT PARK  
CLUB SIGN ON INFORMATION**

**MARIST BROTHERS**  
All Tuesdays in March 4 - 5.30pm  
Contact 0438 662 523  
maristbrothersbaseball@gmail.com

**EASTS REDBIRDS**  
All Thursdays in March 4 - 5.30pm  
Contact 0431 021 085  
redbirdsbaseballclub@gmail.com

**NORTHS BEARS**  
All Wednesdays in March 4 - 5.30pm  
Contact 0458 122 445  
northsbearbaseball@gmail.com

**LISMORE WORKERS**  
All Tuesdays in March 4 - 5.30pm  
Contact 0414 226 497  
workersbaseball50@gmail.com

**FREE** ★ GLOVE, BALL, BAG, & DRINK BOTTLE FOR ALL  
AUSSIE T BALL PLAYERS UNDER 10 WITH REGISTRATION ★

**LISMORE  
YOUNG  
SONGWRITERS  
COMPETITION 2018**

Open to 12-25 yr old Northern Rivers Residents  
Entries close 5pm 26 March  
**Finalists Showcase 6pm 13 April**  
at Studio One29 Southern Cross University  
For more info go to socialfutures.org.au Email entries to: lismoresongcomp@gmail.com

Treasure Epic Power Awesome Fun  
WRITE - PLAY - RECORD - SHARE - PERFORM - WIN!

Social Futures Southern Cross University RODE NRC Southern Cross University

**FREE PARENTING PROGRAM**

**ENGAGING  
ADOLESCENTS**

How to have those 'tough  
conversations' with your  
teenager while deepening  
and strengthening  
your relationship.

**TOUGH  
CONVERSATION  
AHEAD**


Thursdays  
February 15, 22, March 1 & 8  
4 sessions 10am-12.30pm.  
Bookings essential please  
phone 6621 2489 to book.

Family Support Network  
Venue: 41 Wilson Street, South Lismore

**ITALO STARS FC  
JUNIOR SIGN ON**

**SATURDAY FEBRUARY 17<sup>TH</sup>  
8:30am-12noon  
@  
THE ITALO AUSTRALIA CLUB**  
All new and existing players are  
welcome  
For more info contact Emily  
0401887808





**Lismore Workers FC**  
**Sign On**  
 Thursday 15<sup>th</sup> Feb 2018 5pm to 7pm  
 Saturday 17<sup>th</sup> Feb 2018 9am to 1pm  
 Saturday 24<sup>th</sup> Feb 2018 9am to 12pm  
 All ages grade 6yr to senior Men and Women  
 We accept the active kids voucher  
 Juniors receive free socks and shorts once fees are paid in full  
 Seniors receive sock and a club shirt once fees are paid in full  
 Please contact SHARON LANE for information 0466388422  
 lanesharon@hotmail.com

## The BRAVE Program.

The BRAVE Program is an interactive, online program for the prevention and treatment of childhood and adolescent anxiety. The programs are free, and provide ways for children and teenagers to better cope with their worries. There are also programs for parents.

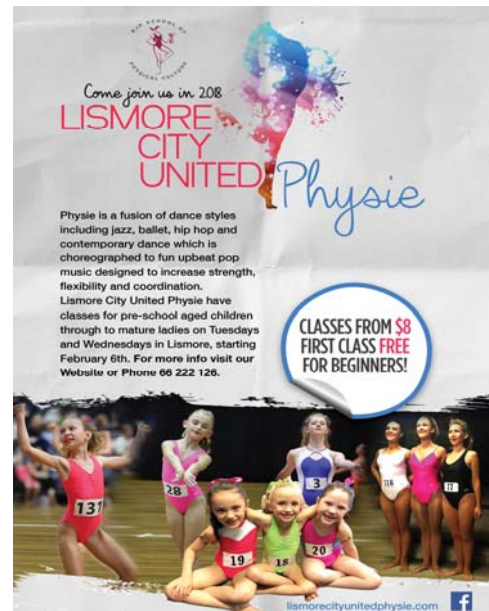
Select an option below to learn more about the program

LEARN MORE ABOUT  
**Child Program**  
 FOR AGES 8-12

LEARN MORE ABOUT  
**Teen Program**  
 FOR AGES 12-17

## Marist Bros Junior Rugby League U14 & U16 Girls Tag Teams

Sign on day Saturday 17 February at  
 The Heights Sports and Recreation Club  
 For more information go to the Northern  
 Star link - <https://www.northernstar.com.au/news/girls-prefer-sport-to-sitting-on-the-sidelines/3335808/>



Come join us in 2018  
**LISMORE CITY UNITED Physie**  
 Physie is a fusion of dance styles including jazz, ballet, hip hop and contemporary dance which is choreographed to fun upbeat pop music designed to increase strength, flexibility and coordination. Lismore City United Physie have classes for pre-school aged children through to mature ladies on Tuesdays and Wednesdays in Lismore, starting February 6th. For more info visit our Website or Phone 66 222 126.  
**CLASSES FROM \$8 FIRST CLASS FREE FOR BEGINNERS!**



Lismore City United Physie  
**2018 ENROLMENTS**  
 NOW ACCEPTED  
 66222126

## Lismore & Villages 2018 Relay For Life

The Lismore & Villages 2018 Relay For Life kicks off in less than two months' time and the local organising committee are gearing up for this to be the biggest and best yet! The Relay will be held at the Southern Cross University Campus, Lismore from **3pm Saturday 17 March to 9am Sunday 18 March 2018.**

Relay For Life is a fun, outdoor, overnight community event where teams take turns to walk, run or even dance around the track to honour the lives of people touched by cancer. The event brings the whole community together for a night of celebration and remembrance.

Relay For Life is only held in Lismore every two years so now is the time to get involved or you will have to wait until 2020!

If you are interested in registering in the 2018 Lismore & Villages Relay For Life, Cancer Council NSW have a **special one off discount** on offer from the 14 to the 21 of February. For this week only, **registrations are only \$10 per person.** Your registration includes a free cotton Relay For Life shirt, a camping spot and a free breakfast! To access this discount simply use the code 'lismore' when you sign up at [www.relayforlife.org.au/lismore](http://www.relayforlife.org.au/lismore)

For further details about Cancer Council NSW or the 2018 Lismore & Villages Relay For Life, please contact Kate McBride at Cancer Council NSW on 6639 1303 or [Kate.McBride@nswcc.org.au](mailto:Kate.McBride@nswcc.org.au) or go to [relayforlife.org.au/lismore](http://relayforlife.org.au/lismore).



**Every minute  
 Every hour  
 Every day**  
 Cancer never rests, so neither do we.  
**Find out more**